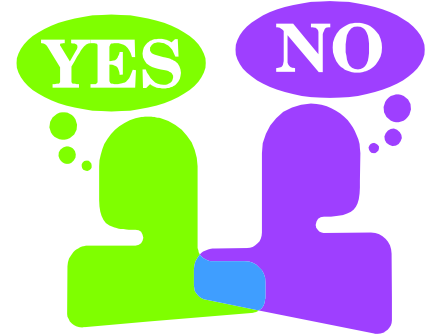


What If My Partner Or Spouse Isn't Helpful?

Weight management requires lots of changes, and sometimes this can cause relationship problems.



Here are some ideas:

- **Try to understand each other.** Change can be difficult for both of you.
- Realize that your partner may not know how to support you. In a calm and respectful way, ask the person to **help you, and actually tell them what they can do to assist you.** Be patient, change takes time.
- **Practice being “assertive”.** This means saying “no” firmly and repeatedly, or whatever else you need to say to maintain your personal program of weight control and physical activity.
- **Seek encouragement and support from people other than your spouse or partner.** Read the *MOVE!* handout, “Involving Others in Your Weight Control Program.”
- **Remember that this is about you.** Take personal responsibility for what you do, what you eat, your physical activity, and so on.

